

(TMI Focus, Vol. XV, No. 2, Spring 1993)

BEYOND BE-LEAF

by David Wallis

Dave first became involved with The Monroe Institute in 1979 as a volunteer, primarily in the research laboratory. There he designed the lab systems, installed electronics, and served as a technician during EXPLORER sessions. Dave served as a technical consultant to TMI until 1990, when he joined the staff as a full-time systems test engineer.

The Monroe Institute lies in the heart of the Blue Ridge Mountains near the world-famous Skyline Drive. People come from very far away to see our spectacular landscapes and view the autumn colors as the leaves change.

I, too, love the natural beauty and have learned to enjoy the peace and quiet of an autumn afternoon in the woods near the Institute. One Saturday I walked upstream, following a spring-fed creek, and sat down on a large rock in the sunshine. I watched the water flow toward me and then swirl around the rock. The soothing sound of the water and the restful solitude of this spot in the wilderness had such an effect on me that I became very still and emptied my mind to watch the water moving toward the base of my rock.

A slight breeze moved through the treetops and a brown leaf fell to the surface of the water. It rapidly washed around the rock and on downstream. Another leaf fell, this one golden, and followed a different path on the water. I watched as it was pulled under and got stuck on a stone at the bottom of the stream. Still another leaf fell, this time a bright green one. My rational "left brain" said, almost automatically, "That leaf is perfectly good; there's no reason for the tree to get rid of it." Then, mental silence again, deeper than Focus 12.

The leaves continued to fall, one by one, onto the surface of the stream, and move toward me, then disappear from view. All at once it hit me; I was being shown an exquisitely beautiful representation of how I deal with beliefs (be-leafs). Some are obviously old and need to be dropped to allow new ones to take their places. Some drop away but remain stuck, hidden on a snag beneath the surface. Others that look good at first glance—green and healthy—nevertheless must fall away for change to take place. Laughter and joy filled me as I realized I had received a deep understanding in that spot in the wilderness. My left brain had been given a visual analogy from nature that made a powerful impact.

My belief/be-leaf system will never be the same again.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.
© 1993 The Monroe Institute